o, you already know that regular physical activity does great things for your health and well being. But isn't getting started the hardest part?

Just once around the East End Complex is a 1/2 mile, and around the State Capitol is 1 mile!

Once a day around the block! You can do it! Do it with your friends!

Remember, cross at the corners, no jaywalking, and look left, right, and left again.

## LEGEND



**WALK PATH** 



PARKING





**SHOWERS** 

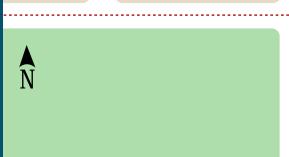


**POLICE** 



**AUDITORIUM** 





## State Capitol Park



Tour Public Art & Memorials!

**Section 5 Section 2 Section 3 Watch the birds & squirrels!** 







Building 172 1500 Capitol Ave.

A

**Building 173** 1615 Capitol Ave.





**Outdoor Ampitheater** 



P

**Building 174** 1616 Capitol Ave.





**CAPITOL AVENUE** 

**L STREET** 



**N STREET** 

**Building 225** 

14th STREET

www.dhs.ca.gov





15<sup>th</sup>







16th STREET













**Capitol Area East End Complex**